



Worksite Wellness Toolkit

Overview

By using the Worksite Wellness Toolkit, we hope you and your employees will find better physical and mental health.

The toolkit **folder** is designed for CEO's, human resources department directors and management. Appointing someone to attend a two-hour training and be responsible for implementing the kit and completing the assessment and evaluation forms is highly recommended.

- ❖ The **Create a Healthier Work Environment: Encourage Healthy Choices** toolkit **folder** contains the following **five** sections:

Introduction

Tools

Programs

Fun Stuff

Resources & Order Forms

The toolkit **binder** should be placed in an area such as a break room where employees tend to congregate and have easy access to view. Support and encouragement from management is most beneficial.

- ❖ The **Create a Healthier You: Make Healthy Choices** toolkit **resource binder** contains the following **six** sections:

Introduction

Healthy Eating & Nutrition

Physical Activity

Weight Management

Chronic Disease

Resources, Referrals & Order Forms

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A message from the California Department of Health Services. Funding provided by USDA's Food Stamp Program, an equal opportunity provider and employer, helping limited income Californians buy more nutritious foods for a healthier diet. For information about Food Stamps, please call 1-800-952-5253